

NAS Registration Form Fall 2009

Today's Date _____

Please use this form for Swim Team Registrations Only.
How did you hear about us? _____

Swimmer(s) Name(s)

First	MI (please include)	Last	Date of Birth	Age	Swim Group	Fee
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____

U.S. Swimming Membership Fee (\$60/swimmer): \$ _____

Parent/Guardian 1/Swimmer(s) Address

Name (first) _____ (last) _____
 Address _____
 City _____ State ____ Zip _____
 Home Phone _____ Cell Phone _____
 Email _____

Parent/Guardian 2

Name (first) _____ (last) _____
 Address _____
 City _____ State ____ Zip _____
 Home Phone _____ Cell Phone _____
 Email _____

Note: Contact info may be used to generate a team list (available to all team members, coaches, and families).
 Please indicate if this is a problem. _____

Emergency Contact

Name _____ Phone _____

Health Information

Are there any health problems or restrictions affecting your child(ren)?

Is there anything about your child's past, development, or behavior that coaches should know to work better with them?

Parent Authorization

In the event I can't be reached in an emergency, I hereby give permission to the physician selected by NAS Staff to hospitalize, and secure proper treatment for, and to order injection, anesthesia, or surgery for my child.

Signature _____ Date _____

Total Due \$ _____

Checks payable to Northampton Area Swimming
 Minimum payment 50% with balance due Nov. 1st.

Cash _____ Check _____
 Novice/8U: \$245 Novice Plus: \$265
 Age-Group: \$330
 Senior: \$350
 High School: \$275

All swimmers must have current US registration.

NO REFUNDS



Northampton Area Swimming

Fall/Winter 2009-2010

Our Fall/Winter season begins Wednesday, September 16, 2009 and ends March 3, 2010

Junior Team and 8 & Unders: for younger swimmers and swimmers with limited knowledge and skills in competitive swimming. Prerequisites include the ability to swim 2 consecutive lengths of the pool (one free, one back) and a minimum age of 6. Swimmers in this group will learn the four competitive strokes with proper starts and turns, as well as drills and skills to help develop good swimming technique. Swimmers at this level are expected to compete at the appropriate meets hosted by our team, and other meets as ready. Practice is offered 3 times per week (1 hour each), MWF 6:30-7:30 pm; attendance is strongly encouraged. \$245*. *Add \$60 for US registration.

Junior Plus: for swimmers starting out who are 10 or older or for those who have not quite mastered all four strokes and IMs yet or aren't ready to swim more than 3 days/week, and for the Junior/8 & Under swimmers who have more experience in competitive swimming (competitive strokes are good/legal and swimmers will benefit from some endurance training) and are ready for additional practice time. Practice is offered 3 times per week (1.5 hours each), MWF 6:30-8:00 pm; attendance is strongly encouraged. \$265*. *Add \$60 for US registration.

Age-Group Team: for swimmers with experience swimming all four competitive strokes, as well as legal IMs, turns, and starts. Generally, swimmers in this group are aged 9-12 (younger swimmers with 10 & Under Age-group cut times may swim in this group). Some less experienced teens may also swim with this group. Swimmers need to be able to swim 200 yards continuously and must have the ability to read and follow a pace clock. Training will include endurance building, developing efficiency, gaining speed, and competitive techniques. Swimmers at this level are expected to participate in the appropriate meets hosted by our team and any Championship meet for which they have qualified. Practice is offered 5 times per week (1.5 hours each), M,W,F 6:30-8:00 pm, Tu,Th 7:00-8:30 pm; attendance at a minimum of 3 per week is strongly encouraged. \$330*. *Add \$60 for US registration.

Senior Team: for swimmers (mostly 13+ or any with Open/13 & Over cut times), knowledgeable, experienced, and proficient in training and competition and dedicated to the sport. Training includes intense swimming, distance and sprint work, numerous drills to improve efficiency, more advanced competitive techniques, and development of pace strategies. Swimmers at this level are expected to participate in the appropriate meets hosted by our team and any Championship meet for which they have qualified. Practice is offered 5 times per week (1.5 – 2 hours each), MWF 6:30-8:30 pm and T/Th 7-8:30 pm attendance at a minimum of 4 per week is strongly encouraged. \$350*. *Add \$60 for US registration.

High School: for Senior swimmers that swim for their High School team for part of the season. High School swimmers are expected to participate in the appropriate meets hosted by our team and any Championship meet for which they have qualified. Practice is offered 5 times per week (1.5 – 2 hours each), MWF 6:30-8:30 pm and T/Th 7-8:30 pm. \$275*. *Add \$60 for US registration.

US/NE Swimming: All swimmers registered for NAS will also be US Registered for insurance purposes. Swimmers and families choose most meets and events for US meets (*meet entry fees are your responsibility*). \$60.00 (annually) includes subscription to Splash (*US Swim Magazine*).

Swim Meets: All swimmers and families are expected to participate in the meets our team hosts in the appropriate sessions. Our meet are our team's only fundraisers and the income is needed to pay for the team's operations, including coaching, pool time, and team expenses. Families who do not participate in a session will be fined \$40 per session. Parents can expect to have duties at the meet timing races, working the food table or admission or other duties. Dates for meets for 2009/2010 include: Sun 11/1, Fr-Sun 11/27-29, Sat 1/2, and Sat-Sun 1/16-17. All families are expected to make donations for the food table for each of our meets. All Age Group and Senior Swimmers are expected to participate in any Championship meets for which qualified. All other meets offered are optional, but meets are recommended to give swimmers and coaches more skill focus at practice sessions. Swimmers are expected to have meet attire, including a team cap for all meets.

Practice Info: All swimmers are expected to be on time for practice and prepared with caps (a must for longer hair) and/or goggles. Other equipment is recommended, including fins and pull-buoys. Parents are not allowed on deck during practice for all groups.

For more information, please email sherbw@comcast.net or check the website: www.naswim.org